

5th Annual Hear Our Voices:

Team Holly 5K Run & Walk

Benefiting Breast Cancer Support Services of Berks

Sunday, September 9, 2018 – Run/Walk begins 10:00 a.m.



ENTRY FEE: DISCOUNTED EARLY REGISTRATION!!

Please register on-line @ pretzelcitysports.com by **August 20, 2018** (or complete paper registration form below) and receive a free t-shirt and goodie bag: Adults - \$20, Kids 9-17 - \$10, Kids 8 & under - Free (no shirt for kids 8 & under due to free entry)

After August 20, 2018 and on Race Day:

Adults - \$25, Kids 9-17 - \$15, Kids 8 & under - Free

Free t-shirt for 9 & older while supplies last. Race day: cash or check only.

LOCATION/REGISTRATION: Gring's Mill Recreation Center, 2083 Tulpehocken Road, Reading, PA 19610; Registration/number pickup at Gring's Mill Recreation Center starting at 8:30 a.m. Runners will begin promptly at 10:00 a.m. Walkers will begin at 10:05 a.m. Course is out and back along the Union Canal Towpath Trail. Awards ceremony to follow.

AMENITIES: Goodie bag w/ t-shirt to all registrants 9 & over (while supplies last for on-line registrations after August 20th and mailed registrations postmarked after August 20th); survivor t-shirt for all breast cancer survivors, refreshments for participants, indoor toilet facilities, free parking, time clock at finish. Race held rain or shine. No refunds or mailed awards. Results published at www.pretzelcitysports.com in 1-2 days after race.

5K AWARDS: Awards for the male and female 1st, 2nd & 3rd overall winners; 3 male and 3 female awards for each age category 18-29, 30-39, 40-49, 50-59, 60+, and Survivor awards 1st, 2nd, 3rd overall winners. Also, new this year will be 3 awards (male or female) for each age category 9-11, 12-14 and 15-17.

FAMILY FRIENDLY EVENT!!

Rock painting, face painting, games, bake sale, raffles with great prizes, refreshments and more!

DIRECTIONS: Take 222N. Take the Broadcasting Rd exit. Turn right at the light onto Broadcasting Rd. Take right onto Tulpehocken Rd. and look for event signs. Gring's Mill and parking located on the left.

Information and Online Registration (small service fee applies) at: pretzelcitysports.com

(Online Registration closes at midnight on the Wednesday prior to the race)

Make Check Payable (for paper registrations) to: "Breast Cancer Support Services of Berks"

Mail Check & Completed Below Form to: BCSS, 529 Reading Ave., Suite C, West Reading, PA 19611

Race Director: Kathy Kolb, contact her at 610-478-1447 or director@bcssberks.org

Please Print Clearly.....

Last name _____ First name _____ Street Address _____

City _____ State _____ Zip _____ Race day age _____ Date of birth _____

Email _____ @ _____ Phone _____ (Cell preferred)

Race: 5K Run _____ 5K Walk _____ Sex: M _____ F _____ Breast cancer survivor: Yes _____ No _____

Shirt Size (check one): Adult: XS _____ S _____ M _____ L _____ XL _____ XXL _____ Youth: L _____ XL _____

Additional shirts available for \$10 each. No. of additional shirts _____ x \$10 = _____ Sizes: _____

WAIVER: I know that running a race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I assume any and all risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather and the condition of the trails/roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Breast Cancer Support Services of Berks, Pretzel City Sports, all municipalities in which the race is held, the race organizers, committee, volunteers, benefitting organization and any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER (if under 18, legal guardian must sign):

Signature: _____ Date: _____

Greg's Voice

The 5th one! Wow . . . where does the time go? This year marks the 5th Annual Hear Our Voices: Team Holly 5K Run/Walk to benefit BCSS of Berks and all proceeds stay in Berks!

My late wife, Holly, helped organize the first 5k that was run in September 2014, 2 months before she passed away from diagnosed stage 4 breast cancer. I doubt she figured there would be a 5th one. But she knew her time was short, so she wanted to have fun, see her friends and family, and say her short speech that would start the first 5k.

She wanted to be heard: breast cancer isn't pink ribbons, hats & t-shirts. She told me she knew that was part of spreading the awareness, so she wasn't against the pink; she would wear it herself, too. But she hated to think that the awareness and the help would end there.

So she talked about what makes people uncomfortable, but she wanted them to know: real people die from this disease, and its not pink & pretty . . . real children lose their parents . . . real parents lose their children. Real survivors in your neighborhood don't know they aren't alone or where to turn without BCSS of Berks.

Holly would be most proud that BCSS of Berks now facilitates groups specifically for young survivors, also. And that's what really helps survivors cope with their reality and not feel alone - - not the pink t-shirts. We proudly wear our pink, but we represent so much more.

~Greg Lamont - husband of Holly Ann Sibley Lamont, "The Cancer Ninja"



Breast Cancer Support Services of Berks (BCSS)...

is a local organization that provides hope, information and emotional support to women and men affected by breast cancer.



In 2017 BCSS...

- *answered 500+ inquiries
- *supplied 280 Comfort Bags
- *El Poder del Rosado-programs for Spanish speakers
- *more than 300 women attended BCSS programs
- *helped women with prostheses, wigs, bras
- *provides Support Line 7 days a week
- *Face 2 Face support groups for survivors under age 45 and newly diagnosed

To Learn More About BCSS...

Please visit www.bcssberks.org and "like" us on Facebook.

.....Please Print Clearly.....

I am unable to attend the BCSS 5K, but I would like to make a donation in the amount of \$_____.

I would like to be added to the Breast Cancer Support Services' mailing list: Yes_____ No_____

Make check payable to: "Breast Cancer Support Services of Berks" with "Hear Our Voices 5K" in the memo line.

Mail check and completed form below to: Breast Cancer Support Services of Berks, 529 Reading Avenue, Suite C, West Reading, PA 19611

Name _____ Street Address _____

City _____ State _____ Zip _____ Phone _____

Email _____ @ _____

Donate online at www.bcssberks.org. Please specify for 'Hear Our Voices 5K'.

Breast Cancer Support Services of Berks is a 501 (c) (3) nonprofit organization-contributions to which are tax deductible to the full extent permitted by law. The official registration and financial information of Breast Cancer Support Services may be obtained from the Pennsylvania Department of State by calling toll free within PA (800) 732-0999. Registration does not imply endorsement.